

# COV NTAUB NTAWV HAIS TXOG COV LUS QHIA RAU NEEG UA HAUJ LWM



Xeev Minnesota yeej mob siab los pab nws cov neeg ua hauj lwm rau hauv cov chaw tsim khoom lag luam kom sawv daws muaj kev nyab xeeb thaum rov qab los tom chaw ua hauj lwm.

## MINNESOTA DEPARTMENT OF HUMAN SERVICES (DHS, TUAM TSEV HAUJ LWM SAIB XYUAS TIB NEEG HAUV MINNESOTA)

DHS pab muab cov kev pab cuam tshwj xeeb rau cov neeg nyob hauv Minnesota uas yog cov raug kev txom nyeem tshaj plaws. Kev ua hauj lwm nrog lwm cov neeg, suav txog cov nroog, cov koom haum ua hauj lwm rau haiv neeg tsawg thiab cov koom haum ua hauj lwm pab dawb, DHS pab saib xyuas kom cov neeg laus nyob hauv Minnesota, cov neeg tsis taus (xiam oob qhab), cov me nyuam yaus thiab lwm cov neeg raug pab raws li feem xav tau ntawm lawv thiab tuaj yeem tau txais kev pab raws li qhov lawv tsim nyog raug pab. [mn.gov/dhs](http://mn.gov/dhs)

Cov kev pab nyiaj hauv Minnesota pab rau cov tsev neeg uas khvv nyiaj tau tsawg txhawm rau kom muaj hauj lwm ua thiab khvv tau nyiaj los pab txhawb rau lawv tsev neeg. Cov kev pab no muaj xws li Minnesota Family Investment Program (MFIP, Kev Pab Nqis Peev Rau Cov Tsev Neeg Nyob Hauv Minnesota) thiab Diversionary Work Program (DWP, Kev Pab Nrhiav Ntau Yam Hauj Lwm Sib Txawv Rau Ua). Cov tsev neeg thiab cov poj niam cev xeeb me nyuam uas muaj cai tsim nyog rau cov kev pab kuj yuav tau kev pab cov khoom noj haus, kev zov me nyuam, kev saib xyuas mob nkeeg thiab lwm yam xav tau tseem ceeb.

Yog xav paub ntawt ntxiv mus saib hauv: [mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/income](http://mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/income)

Minnesota Health Care Programs Overview lub website muaj cov ntaub ntawv hais txog Kev Pab Kho Mob, cov kev pab ntawm MinnesotaCare, Medicare Savings thiab ntawt yam. [mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/overview.jsp](http://mn.gov/dhs/people-we-serve/adults/health-care/health-care-programs/overview.jsp)

Rau ntawt cov neeg, tus kab mob sib kis no yog ib lub sij hawm kev nyuaj siab thiab txhawj xeeb txog kev noj qab haus huv hauv peb lub zej zos, cov neeg hlub thiab peb tus kheej. Muaj cov chaw thiab neeg ua hauj lwm los pab cuam rau cov neeg muaj kev npau taws, kev nyuaj siab thiab lwm yam teeb meem kev nyuaj siab ntxhov plawy, tej zaum yuav yog thawj zaug vim yog kev sib kis ntawm Tus Kab Mob Khaus Viv-19 (COVID-19). Tuaj yeem tshawb nrhiav cov chaw pab cuam rau ntawm [mn.gov/dhs/crisis](http://mn.gov/dhs/crisis).

Ntau cov neeg nyob hauv Minnesota lawv tus kheej tab tom tshawb nrhiav kev pab cov khoom noj rau lawv tus kheej thiab lawv tsev neeg vim yog kev sib kis ntawm Tus Kab Mob Khaus Viv-19 (COVID-19). Mus saib peb lub chaw pab txhawb khoom noj rau kis muaj xwm txheej kub ntxhov ceev rau ntawm lub website [mn.gov/dhs/food-emergency](http://mn.gov/dhs/food-emergency). Xav tau kev pab sau thov kev pab los sis thov cov khoom noj ntxiv, hu rau Food Helpline ntawm tus xov tooj 1-888-711-1151 los sis mus saib hauv Hunger Solutions rau ntawm [hungersolutions.org/programs/mn-food-helpline](http://hungersolutions.org/programs/mn-food-helpline).

### Cov Neeg Txawv Teb Chaws

Hauv txoj cai kev hla teb chaws, “**cov neeg txawv teb chaws**” piav qhia txog qee cov neeg khaiv teb chaws uas siv qee cov kev pab ntawm tsoom fwv. Koj yeej hnov tias cov cai tswj kav cov neeg txawv teb chaws cuam tshuam txog kis nkag teb chaws ntawm koj yog koj siv cov kev pab no xws li Medical Assistance (MA, Kev Pab Kho Mob), SNAP los sis Minnesota Family Investment Program (MFIP, Kev Pab Nqis Peev Rau Cov Tsev Neeg Hauv Minnesota). Yog koj xav paub seb cov cai no puas siv tau rau koj, tham nrog ib tug kws lij choj. U.S. Citizen and Immigration Services (USCIS, Feem Pab Cuam Neeg Pej Xeem Mes Kas thiab Kev Hla Teb Chaws) **tau sau ib daim ntawv ceeb toom rau hauv** ([uscis.gov/greencard/public-charge](http://uscis.gov/greencard/public-charge)) hais txog kev kuaj ntsuas mob, kev kho mob, thiab kev kuaj mob tiv thaiv ntsig txog Tus Kab Mob Khaus Viv-19 (COVID-19) **yuav tsis** muaj nyob rau hauv kev xam txog cov neeg txawv teb chaws. Txoj cai tswj kav rau cov neeg txawv teb chaws siv tsis tau rau txhua cov neeg khaiv teb chaws los sis txhua cov kev pab ntawm tsoom fwv.

Xav tau kev pab dawb, kev pab qhuab qhia txog txoj cai ua lus As Kiv, Lus Spanish, Lus Somali thiab lwm hom lus, hu rau:

**Mid-Minnesota Legal Aid (Feem Pab Txoj Cai Pub Dawb Rau Sab Nruab Nrab Teb Hauv Minnesota):** 800-292-4150

**Southern MN Regional Legal Services (Feem Pab Txoj Cai Rau Ib Cheeb Tsam Sab Qab Teb Hauv MN):** 888-575-2954

## MINNESOTA DEPARTMENT OF EMPLOYMENT AND ECONOMIC DEVELOPMENT (DEED, TUAM TSEV HAUJ LWM SAIB XYUAS KEV UA HAUJ LWM THIAB TSIM KHO KEV KHWV NOJ KHWV HAUS HAUJ MINNESOTA)

DEED muaj ntawu yam kev pab txhawm rau pab cov neeg ua hauj lwm uas raug rho tawm hauj lwm los sis t xo cov sij hawm teev ua hauj lwm.

### CareerForce

Cov neeg uas tab tom tshawb nrhiav kev pab ib ntus los sis nrhiav hauj lwm ua ntxiv los sis xav tau kev pab nrhiav hauj lwm tuaj yeem nkag mus saib hauj Minnesota's **CareerForce** system ([careerforce.mn.gov](http://careerforce.mn.gov)) muaj ntawu feem pab qhia nrhiav hauj lwm ua xws li kev pab saib xyuas tus kheej ntiag tug daim ntawu siv rau kev nrhiav hauj lwm ua, cov rooj sib tham hauj online thiab kev pab tshawb nrhiav t xo hauj lwm. Tam sim no cov kev pab cuam no muaj pab cuam raws hauj online thiab raws hauj xov tooj. Hu rau 651-259-7501 los sis email [CareerForce@state.mn.us](mailto:CareerForce@state.mn.us).

### Dislocated Worker Program (Kev Pab Txhawb Rau Tus Neeg Ua Hauj Lwm Raug Ntiab Tawm Hauj Lwm)

Ib tug neeg raug ntiab tawm hauj lwm yog ib tug neeg uas raug ntiab tawm hauj lwm mus tag ib txhis (los sis ntev dua rau lub hlis) los ntawm lawv t xo hauj lwm yam lawv tus kheej tsis tau muaj kev ua txhaum dab tsi. Qhov kev pab txhawb no muab **kev pab npaj qhia ib leeg rau ib leeg, pab tshawb nrhiav t xo hauj lwm, muab cov kev pab cuam (cov chaw pab nyiaj t xiag), thiab kev cob qhia rau cov neeg uas tsim nyog raug pab.**

Cov neeg ua hauj lwm uas raug ntiab tawm hauj lwm thiab ib tug neeg uas tab tom nrhiav kev pab tshawb nrhiav hauj lwm ua yuav tsum mus saib hauj [careerforce.mn.gov/locations](http://careerforce.mn.gov/locations) txhawm rau mus tshawb nrhiav raws li koj tus zip code mus nrhiav ib lub chaw uas nyob ze rau ntawm koj. Hu xov tooj mus los sis email mus thov kev pab rau tus kheej los ntawm cov chaw no.

### Unemployment Insurance (Cov Nyiaj Pab Is Saws Las Tsis Muaj Hauj Lwm Ua)

Yog koj raug ntiab tawm hauj lwm tsis ntev dhau los los sis koj cov sij hawm teev ua hauj lwm **raug t xo qis dua 32 teev toj as thiv, thiab kej yeej tsis tau thov kev pab li, sau daim ntawv thov cov nyiaj pab rau kis tsis muaj hauj lwm ua los ntawm nkag mus saib hauj: [uimn.org](http://uimn.org).** Lub website no tuaj yeem lees cov ntaub ntawv thov rau thaum 6 teev sawv ntxov – 8 teev tsaus ntuj thiab hnub koj thov yog nce raws li cov nab npawb kawg ntawm koj tus nab npawb Social Security.

Yog xav tau kev pab sau daim ntawv thov ua Lus Spanish, Lus Hmoob, Lus Somali, los sis lwm hom lus, hu rau:

- **Cheeb tsam hauv nroog Twin Cities:** 651-296-3644
- **Greater Minnesota:** 1-877-898-9090
- **Cov neeg siv TTY:** 1-866-814-1252

## MINNESOTA DEPARTMENT OF LABOR AND INDUSTRY (DLI, TUAM TSEV HAUJ LWM SAIB XYUAS DAG ZOG THIAB KEV TSIM KHOM LAG LUAM HAUJ MINNESOTA)

Kev hais qhia txog kev noj qab haus huv thiab kev nyab xeeb rau ntawm lub chaw ua hauj lwm

Hu Rau Minnesota OSHA Compliance (Lub Chaw Saib Xyuas Cov Cai OSHA hauj Minnesota) rau ntawm [osha.compliance@state.mn.us](mailto:osha.compliance@state.mn.us), 651-284-5050 los sis 877-470-6742 yog musj lus nug.

**Daim Ntaww Teev Txog Cov Nyiaj Them Rau Cov Neeg Ua Hauj Lwm** ([dli.mn.gov/sites/default/files/pdf/wceinfo.pdf](http://dli.mn.gov/sites/default/files/pdf/wceinfo.pdf)) – Qhov no yog ib co ntaub ntaww hais txog kev them nyiaj rau cov neeg ua hauj lwm rau hauj lub xeev Minnesota. Yog ib tug neeg ua hauj lwm muaj cov nqe lus nug txog t xo cai kev them nyiaj hli rau cov neeg ua hauj lwm, nws yuav tsum hu rau DLI ntawm 800-342-5354, nias 3, los sis sab laj rau ib tug kws lij choj txog kev pab qhia t xo cai.

### First Report of Injury (FROI, Kev Hais Qhia Txog Kev Raug Mob Ua Ntej)

([dli.mn.gov/sites/default/files/pdf/fr01.pdf](http://dli.mn.gov/sites/default/files/pdf/fr01.pdf)) – Yog koj raug mob rau ntawm t xo hauj lwm, ceeb toom rau koj tus tswv num thiab nrhiav kev kho mob yog xav tau. Hais qhia txog qhov koj raug mob mus rau koj tus thawj saib xyuas hauj lwm kom sai li sai tau. Koj yuav poob t xo cai tau txaits cov nyiaj pab rau tus neeg ua hauj lwm yog koj tsis hais qhia qhov raug mob raws li lub sij hawm teev tseg ntawm t xo cai. Cov tswv num yuav tsum sau daim ntawv FROI no kom tiav, nws yuav pab xam txog qhov yuav pab thiab cov nyiaj pab uas tsim nyog raug pab. Cov tswv num koj yuav tsum sau daim ntawv foos no kom tiav nrog lawv lub tuam txhab is saws las thiab muab ib daim ntawv theej rau tus neeg ua hauj lwm thiab lub chaw hauj lwm feem saib xyuas neeg ua hauj lwm hauj lub zos. Yog tus neeg ua hauj lwm tsis taus ntev dua peb hnub ua ke, lub tuam txhab is saws las yuav tsum sau daim ntawv foos FROI nrog DLI.

**Cov nqe lus nquag nug rau cov tswv num thiab cov neeg ua hauj lwm ntsig txog Tus Kab Mob Khaus Viv-19 (COVID-19)** ([dli.mn.gov/sites/default/files/pdf/Employer\\_and\\_employee\\_questions\\_related\\_to\\_COVID\\_19.pdf](http://dli.mn.gov/sites/default/files/pdf/Employer_and_employee_questions_related_to_COVID_19.pdf))

**Cov Lus Qhia Txog Kev Noj Qab Haus Huv thiab Kev Nyab Xeeb los ntawm Tus Kab Mob Khaus Viv-19 (COVID-19) rau Cov Tuam Txhab Tsim Khoom Muag** ([dli.mn.gov/sites/default/files/pdf/COVID\\_19\\_meatpacking\\_guidance.pdf](http://dli.mn.gov/sites/default/files/pdf/COVID_19_meatpacking_guidance.pdf))

## **MINNESOTA DEPARTMENT OF AGRICULTURE (MDA, TUAM TSEV HAUJ LWM SAIB XYUAS KEV UA LIAJ UA TEB HAUJ MINNESOTA)**

MDA tau tsim cov cai siv thiab siv rau kev tiv thaiv kev sib kis ntawm tus kab mob khaus lauv nam vais las (coronavirus, COVID-19) thiab cov khoom noj thiab kev ua liaj ua teb. Tuaj yeem tshawb nrhiav cov ntaub ntawm rau ntawm: [mda.state.mn.us/covid-19-agriculture](http://mda.state.mn.us/covid-19-agriculture).

### **Lwm Cov Ntaub Ntawv Ntxiv**

**MDA COVID Tus Xov Tooj Hu Ceev Rau Cov Lus Nug:**  
[mdaresponds@state.mn.us](mailto:mdaresponds@state.mn.us)

- **Food & Feed Safety Main Line (Tus Xov Tooj Hu Ceev Txog Kev Nyab Xeeb Ntawm Cov Khoom Noj Nyab Xeeb):** 651-201-6027 los sis email [MDA.FFSD.Info@state.mn.us](mailto:MDA.FFSD.Info@state.mn.us)
- **MN Farm and Rural Helpline (Tus Xov Tooj Hu Ceev Txog Kev Ua Liaj Ua Teb Hauj MN):** 1-833-600-2670
- **Rural Finance Authority Office (Lub Tsev Hauj Lwm Muaj Cai Saib Xyuas Feem Nyiaj Txiag Pab Txawb Rau Kev Ua Liaj Ua Teb):** 651-201-6004

## **MINNESOTA DEPARTMENT OF PUBLIC SAFETY (DPS, TUAM TSEV HAUJ LWM SAIB XYUAS KEV NYAB XEEB RAU PEJ XEEM HAUJ MINNESOTA)**

DPS muaj qee cov nqe lus teb rau cov nqe lus nquag nug txog Tsab Ntawv Txib Hais Kom Nyob Twj Ywm Rau Hauv Tsev. Tuaj yeem tshawb nrhiav pom cov ntaub ntawv no rau ntawm: [dps.mn.gov/Pages/default.aspx](http://dps.mn.gov/Pages/default.aspx)

### **Peb puas xav kom xa daim ntawv no los sis ib tsab ntawv tuaj tso rau sab nrauv peb cov tsev?**

Koj tsis tas yuav mus nqa cov ntaub ntawv thaum koj tab tom tawm mus los rau ntawm koj lub chaw ua hauj lwm, los sis lwm lub chaw. Txhua tus neeg nyob hauv Minnesotans yuav tsum ua raws li tsab ntawv txib hais kom nyob twj ywm rau hauv tsev.

### **Kuv yuav tawm hauv kuv tsev mus sab nrauv tau rau thaum twg?**

Cov neeg nyob hauv Minnesota tuaj yeem tawm hauv lawv tsev mus ua tej yam khoom tseem ceeb xws li tawm mus tom cov khw muag khoom siv los sis khoom noj, mus nqa cov tshuaj kho mob, thiab tawm mus yuav roj cua los yog roj tsheb, yuav nrhiav kev nyab xeeb, los sis, xav tawm mus ua hauj lwm yog lawv txoj hauj lwm yog feem tseem ceeb hauv lub chaw ua hauj lwm. Yog koj tawm ntawm koj lub tsev mus sab nrauv, yuav tsum siv cov cai caiv nyob kom sib nrug deb li rau fiv ntawm koj thiab lwm cov neeg nyob ze koj. Txhua tus neeg tuaj yeem tawm mus sab nrauv tau rau thaum lub sij hawm no, tab sis yuav tsum caiv nyob kom sib nrug deb ntawm lwm cov neeg.

## **MINNESOTA DEPARTMENT OF HEALTH (MDH, TUAM TSEV HAUJ LWM SAIB XYUAS KEV NOJ QAB HAUS HUV HAUJ MINNESOTA)**

MDH ua hauj lwm nrog cov neeg ua hauj lwm saib xyuas mob nkeeg rau hauv ib cheeb tsam txhawm rau tiv thaiv kev sib kis ntawm Tus Kab Mob Khaus Viv-19 (COVID-19) rau hauv lub zos. Cov hau kev tiv thaiv tau zoo tshaj plaws rau koj tus kheej, cov neeg koj nyob nrog, thiab cov neeg nyob hauv koj lub zos, sawv daws yuav tsum tau nyob twj ywm rau hauv tsev kom ntawm li ntawm tau, ntxuav koj txhais tes, npog qhov ncauj thaum hnoos, thiab tu ntxuav tej npoo los yog ntug thiab tej khoom siv uas koj nquag chhwv kom huv si.

Koj tuaj yeem kawm ntawm ntxiv txog Tus Kab Mob Khaus Viv-19 (COVID-19), suav txog cov yeeb yam mob uas koj yuav tsum tau saib, thiab yog koj muaj mob yuav ua li cas, thiab koj tuaj yeem mus ntsib ib tug kws kho mob tau rau thaum twg, muaj nyob rau ntawm lub tuam tsev hauj lwm saib xyuas kev noj qab haus huv lub website ntawm [health.mn.gov](http://health.mn.gov). Koj kuj tuaj yeem hu rau peb tus xov tooj hu tau sai yog koj muaj lus nug txog Tus Kab Mob Khaus Viv-19 (COVID-19). Hu rau 1-800-657-3903.

## **MINNESOTA DEPARTMENT OF HUMAN RIGHTS (MDHR, TUAM TSEV HAUJ LWM SAIB XYUAS COV CAI NTAWM TIB NEEG HAUJ MINNESOTA)**

Minnesota Department of Human Rights yog ib lub chaw ua hauj lwm saib xyuas cov cai ntawm cov neeg pej xeem hauv lub xeev. Peb tshuaj ntsuam xyuas cov ntawv thov nyiaj uas muaj kis ntxub ntxaug txog fab kev ua hauj lwm, vaj tse nyob, thiab lwm yam vim yog tsis taus, haiv neeg, neeg xeeb txawm hauv lub teb chaws, txiv neej los yog poj niam, thiab lwm yam uas raug pov thaiv. Cov neeg nyob hauv Minnesota tuaj yeem hu rau Discrimination Helpline ntawm 1-833-454-0148 los sis sau daim ntawv foos thov kev pab rau hauv online rau ntawm [mn.gov/mdhr/intake/consultationinquiryform](http://mn.gov/mdhr/intake/consultationinquiryform). Muaj kev pab txhais lus los yog txhais ntaub ntawv. [mn.gov/mdhr/intake/discrimination-helpline.jsp](http://mn.gov/mdhr/intake/discrimination-helpline.jsp)